

Sweet & Sour Chicken

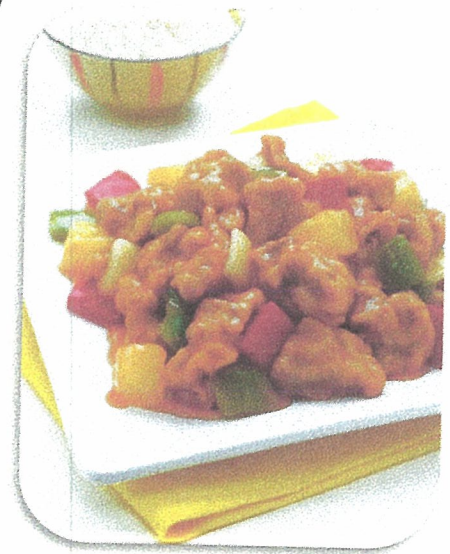
Product Code: 8-52724-15551-7

Ling's

5th Taste

Crispy chicken, finished with our traditional Sweet and Sour Sauce.

Our products do not contain MSG, artificial coloring or flavoring, peanuts, peanut oil, or lard and are zero trans fat.



Pack size: 6 - 5 lb. Chicken • 6 - 36 oz. Sauce

Ingredients:

Chicken: Boneless, skinless chicken leg meat, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion.

Sauce: Water, sugar, ketchup, lemon juice, vinegar, modified starch, cranberry sauce, chili powder, garlic, ginger and green onions.

Allergens: Egg products, soy, wheat, and citrus

Made in the USA

Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken
Yield 2 oz. cooked chicken per portion

Recommended serving size:
3.6 oz. = 2.5 oz. chicken and 1.1 oz. sauce

Approximate servings per case: 192

This 3.6 oz. serving provides 2 meat/meat alternate according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Loree Espelding

Vice President

01/03/14

Nutrition Facts

Serving Size 3.6 oz. (100g)

Amount Per Serving

Calories 140 Calories from Fat 25

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 200mg **8%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 11g **22%**

Vitamin C 6%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Preparation

Place a single layer of chicken on baking sheet. Heat at 400° for 16-20 minutes or until golden brown, and internal temperature reaches 165°. Heat sauce in steamer, low boil in the bag, or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Shelf life

1 year frozen

For further information please call, 909.593.4797



Product Formulation Statement
Meat/Meat Alternate

Product Name: *Ling's 5th Taste Sweet & Sour Chicken* Code Number: 8-52724-15551-7
(Wheat Flour less than 4 grams per serving)

Case Weight: 43.50 lbs Pack/Count: 192 - 3.60 oz. serving per case

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
Chicken, boneless, fresh	2.88 ounces	X	.70	2.016
A. Total Creditable Amount				2.016

II. Alternate Protein Product (APP)

Ling's 5 th Taste Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: 3.60 ounces

Total creditable amount of product (per portion): 2.0

I certify that the above information is true and correct and that a 3.60 ounce serving of the above products (ready for serving) contains 2.0 ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Loree Erpelding*

Title: Vice President

Printed Name: Loree Erpelding

Date: 01/03/14

Phone Number: 626-401-1923

Ling's 5th Taste – 9658 Remer Street – S. El Monte, CA 91733
626-401-1923 Ph 626-401-1925 fax

Lemongrass Chicken

Product Code: 8-52724-15553-1



Crispy chicken, glazed with our tangy Lemongrass Sauce.

Our products do not contain MSG, artificial coloring or flavoring, peanuts, peanut oil, or lard and are zero trans fat.



Pack size: 6 - 5 lb. Chicken • 6-36 oz. Sauce

Ingredients:

Chicken: Boneless, skinless chicken leg meat, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion.

Sauce: Water, sugar, vinegar, sugar, lemon juice, modified starch, salt, garlic, ginger, green onion, chili powder, white pepper.

Allergens: Egg products, soy, wheat, and citrus

Made in the USA

Nutrition Facts

Serving Size 3.6 oz. (100g)
Serving Per Container 192

Amount Per Serving

Calories 150 Calories from Fat 25

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 200mg **8%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 10g

Protein 11g **22%**

Vitamin C 2% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Preparation

Place a single layer of chicken on baking sheet. Heat at 400° for 16-20 minutes or until golden brown, and internal temperature reaches 165°. Heat sauce in steamer, low boil in the bag, or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Shelf life

1 year frozen

Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken

Yield 2 oz. cooked chicken per portion

Recommended serving size:

3.6 oz. = 2.5 oz. chicken and 1.1 oz. sauce

Approximate servings per case: 192

This 3.6 oz. serving provides 2 meat/meat alternate according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Loree Espelding

Vice President

01/03/14

For further information please call, 909.593.4797



Product Formulation Statement
Meat/Meat Alternate

Product Name: *Ling's 5th Taste Lemongrass Chicken* **Code Number:** 8-52724-15553-1
(Wheat Flour less than 4 grams per serving)

Case Weight: 43.50 lbs **Pack/Count:** 192 - 3.60 oz. serving per case

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
Chicken, boneless, fresh	2.88 ounces	X	.70	2.016
A. Total Creditable Amount				2.016

II. Alternate Protein Product (APP)

Ling's 5 th Taste Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: 3.60 ounces

Total creditable amount of product (per portion): 2.0

I certify that the above information is true and correct and that a 3.60 ounce serving of the above products (ready for serving) contains 2.0 ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Loree Erpelding*

Title: Vice President

Printed Name: Loree Erpelding

Date: 01/03/14

Phone Number: 626-401-1925

Ling's 5th Taste – 9658 Remer Street – S. El Monte, CA 91733
626-401-1923 Ph 626-401-1925 fax

BBQ Chicken Teriyaki

Product Code: 8-52724-15554-8

Ling's

5th Taste

*Tender barbequed chicken,
tossed with our sweet Teriyaki
Sauce.*

Our products do not contain MSG,
artificial coloring or flavoring,
peanuts, peanut oil, or lard and are
zero trans fat.



Pack size: 6 - 5 lb. Chicken • 6 - 32 oz. Sauce

Ingredients:

Chicken: Skinless chicken leg meat, water, sugar, soy sauce (water, wheat, soy bean and salt) dark soy sauce (water, soy bean, wheat flour, salt, sugar and extract of mushroom [product contain sulfites]) lime juice, salt, ginger, garlic, green onion.

Sauce: Water, sugar, soy sauce (water, soy beans, wheat flour, salt, sugar and extract of mushroom [contains sulfites]) modified starch, salt, lime juice, ginger, garlic, green onion.

Allergens: Soy, wheat, and citrus

Made in the USA

Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken
Yield 2 oz. cooked chicken per portion

Recommended serving size:
2.8 oz. = 2.0 oz. chicken and 0.8 oz. sauce

Approximate servings per case: 240

This 2.8 oz. serving provides 2 meat/meat alternate according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Loree Espelting

Vice President

01/03/14

Nutrition Facts

Serving Size 2.8 oz. (79g)
Serving Per Container 240

Amount Per Serving		
Calories 130		Calories from Fat 30
		% Daily Values*
Total Fat 3.5g		5%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 70mg		23%
Sodium 480mg		20%
Total Carbohydrate 10g		3%
Dietary Fiber 0g		0%
Sugars 9g		
Protein 16g		32%
Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Preparation

Bake the chicken and sauce in a covered hotel pan at 350° until internal temperature reaches 160°. Serve over chow mein or rice.

Shelf life

1 year frozen

For further information please call, 909.593.4797



Product Formulation Statement
Meat/Meat Alternate

Product Name: *Ling's 5th Taste Chicken Teriyaki* Code Number: *8-52724-15554-8*

Case Weight: *42 lbs* Pack/Count: *240 - 2.80 oz. serving per case*

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
<i>Chicken, boneless, fresh</i>	<i>2.88 ounces</i>	<i>X</i>	<i>.70</i>	<i>2.016</i>
A. Total Creditable Amount				<i>2.016</i>

II. Alternate Protein Product (APP)

Ling's 5 th Taste Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: *2.80 ounces*

Total creditable amount of product (per portion): *2.0*

I certify that the above information is true and correct and that a **2.80** ounce serving of the above products (ready for serving) contains **2.0** ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Loree Erpelding*

Title: Vice President

Printed Name: Loree Erpelding

Date: 01.03.14

Phone Number: 626-401-1923

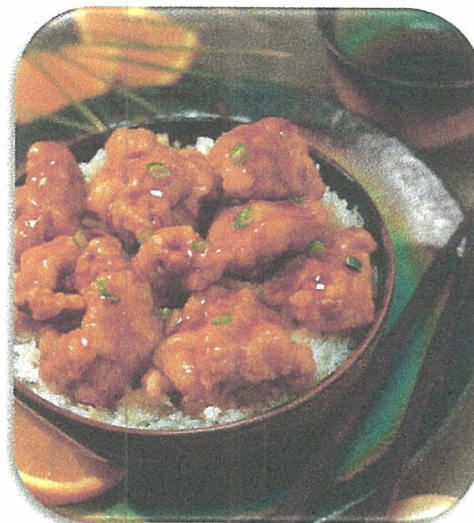
Mandarin Orange Chicken Jr.

Product Code: 8-52724-15555-5

Ling's
5th Taste

Crispy chicken, glazed with our zesty Mandarin Orange Sauce

Our products do not contain MSG, artificial coloring or flavoring, peanuts, peanut oil, or lard and are zero trans fat.



Pack size: 6 - 5 lb. Chicken • 6 - 36 oz. Sauce

Ingredients:

Chicken: Boneless, skinless chicken leg meat, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion.

Sauce: Water, sugar, vinegar, soy sauce (soybeans, wheat flour, water, salt, straw mushroom extractives), modified starch, mandarin orange juice and peel, chili powder, garlic, ginger, green onion.

Allergens: Egg products, soy, wheat, and citrus

Made in the USA

Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken
Yield 2 oz. cooked chicken per portion

Recommended serving size:
3.6 oz. = 2.5 oz. chicken and 1.1 oz. sauce

Approximate servings per case: 192

This 3.6 oz. serving provides 2 meat/meat alternate according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Lore Espelding

Vice President

01/03/14

Nutrition Facts

Serving Size 3.6 oz. (100g)

Serving Per Container 192

Amount Per Serving

Calories 150 Calories from Fat 25

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 280mg **12%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 10g

Protein 11g **22%**

Vitamin C 2% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Preparation

Place a single layer of chicken on baking sheet. Heat at 400° for 16-20 minutes or until golden brown, and internal temperature reaches 165°. Heat sauce in steamer, low boil in the bag, or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Shelf life

1 year frozen

For further information please call, 909.593.4797



Product Formulation Statement
Meat/Meat Alternate

Product Name: *Ling's 5th Taste Mandarin Orange Chicken Jr.* **Code Number:** 8-52724-15555-5
(Wheat Flour less than 4 grams per serving)

Case Weight: 43.50 lbs **Pack/Count:** 192 - 3.60 oz. serving per case

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
<i>Chicken, boneless, fresh</i>	<i>2.88 ounces</i>	<i>X</i>	<i>.70</i>	<i>2.016</i>
A. Total Creditable Amount				2.016

II. Alternate Protein Product (APP)

Ling's Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: 3.60 ounces

Total creditable amount of product (per portion): 2.0

I certify that the above information is true and correct and that a **3.60** ounce serving of the above products (ready for serving) contains **2.0** ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Loree Erpelding*

Title: Vice President

Printed Name: Loree Erpelding

Date: 01/03/14

Phone Number: 626-401-1923

Spicy Sichuan Chicken

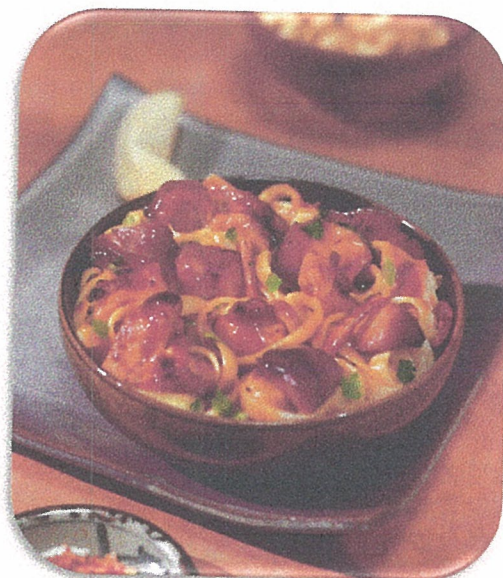
Product Code: 8-52724-15556-2

Ling's

5th Taste

*Tender barbequed chicken,
paired with our spicy-sweet
Sichuan Sauce.*

Our products do not contain MSG,
artificial coloring or flavoring,
peanuts, peanut oil, or lard and are
zero trans fat.



Pack size: 6 - 5 lb. Chicken • 6 - 32 oz. Sauce

Ingredients:

Chicken: Skinless chicken leg meat, water, sugar, soy sauce (water, wheat, soy bean and salt) dark soy sauce (water, soy bean, wheat flour, salt, sugar, and extract of mushroom [contains sulfites]) lime juice, salt, ginger, garlic, green onion.

Sauce: Sugar, water, vinegar, soy sauce (water, soy bean, wheat flour, salt, sugar and extract of mushroom [contains sulfites]), modified starch, hoisin sauce (sugar, water, miso [soybeans, rice, salt]), plum puree, naturally brewed soy sauce [water, wheat, soybeans, salt] garlic, caramel color, modified food starch, fermented wheat protein, vinegar, salt, spices, xanthan gum, citric acid), chili powder, Sichuan peppercorn, garlic, ginger and green onion.

Allergens: Soy, wheat, and citrus

Made in the USA

Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken

Yield 2 oz. cooked chicken per portion

Recommended serving size:

2.8 oz. = 2.0 oz. chicken and 0.8 oz. sauce

Approximate servings per case: 240

This 2.8 oz. serving provides 2 meat/meat alternate according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Loree Espelding

Vice President

01/03/14

Nutrition Facts

Serving Size 1 package (80g)

Amount Per Serving

Calories 140

Calories from Fat 30

	% Daily Values*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 350mg	15%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 15g	30%
Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Preparation

Bake the chicken with sauce in a covered hotel pan at 350° until internal temperature reached 160°. Serve over chow mein or rice.

Shelf life

1 year frozen

For further information please call, 909.593.4797



Product Formulation Statement
Meat/Meat Alternate

Product Name: *Ling's 5th Taste Spicy Sichuan Chicken* Code Number: 8-52724-15556-2

Case Weight: 42 lbs Pack/Count: 240 - 2.80 oz. serving per case

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
<i>Chicken, boneless, fresh</i>	<i>2.88 ounces</i>	<i>X</i>	<i>.70</i>	<i>2.016</i>
A. Total Creditable Amount				2.016

II. Alternate Protein Product (APP)

Ling's 5 th Taste Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: 2.80 ounces

Total creditable amount of product (per portion): 2.0

I certify that the above information is true and correct and that a **2.80** ounce serving of the above products (ready for serving) contains **2.0** ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Loree Erpelding*

Title: Vice President

Printed Name: Loree Erpelding

Date: 01/03/14

Phone Number: 626-401-1923

Edamame Kung Pao Chicken

Product Code: 8-52724-15557-9

Ling's
5th Taste

Spicy chicken blended with our fiery Kung Pao Sauce and tossed with crisp vegetables.

Our products do not contain MSG, artificial coloring or flavoring, peanuts, peanut oil, or lard and are zero trans fat.

**Pack size: 6-4 lb. Chicken • 6-16 oz. Sauce
6-36 oz. Vegetables**

Ingredients:

Chicken: Skinless chicken leg meat, water, soy bean oil, whole egg, cornstarch, chili pepper powder, salt, white pepper, ginger, garlic, green onion.

Sauce: Water, sugar, soy sauce (soybeans, wheat flour, water, salt, straw mushroom extract [contains sulfites]), vinegar, modified starch, lime juice, chili powder, salt, garlic, ginger, onion.

Vegetables: Edamame, water chestnuts, onion, green bell peppers.

Allergens: Egg products, soy, wheat, and citrus

Made in the USA

Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken

Yield 2 oz. cooked chicken per portion

Recommended serving size:

3.8 oz. = 2.1 oz. chicken, .5 oz. sauce and 1.2 oz. vegetable

Approximate servings per case: 182

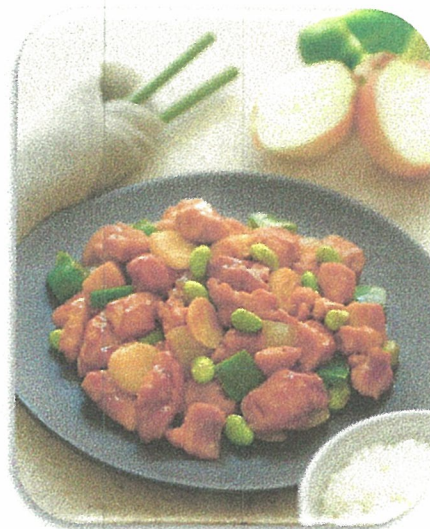
This 3.8 oz. serving provides 2 meat/meat alternate and 1/8 Cup vegetable (category-other) according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Lore Espelting

Vice President

01/03/14



Nutrition Facts

Serving Size 3.8 oz. (108g)
Serving Per Container 182

Amount Per Serving		
Calories	127	Calories from Fat 26
		% Daily Values*
Total Fat	3g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	44mg	15%
Sodium	363mg	15%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	14g	28%
Vitamin A	10%	Vitamin C 14%
Iron	29%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Preparation

Place a single layer of chicken on baking sheet. Heat at 400° for 16-20 minutes or until golden brown, and internal temperature reaches 165°. Heat sauce and vegetables in steamer, low boil in the bag, or microwave. Add chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Shelf life

1 year frozen

For further information please call, 909.593.4797



Product Formulation Statement
Meat/Meat Alternate

Product Name: *Ling's 5th Taste Edamame Kung Pao Chicken* **Code Number:** 8-52724-15557-9

Case Weight: 42 lbs **Pack/Count:** 182 - 3.80 oz. serving per case

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
Chicken, boneless, fresh	2.88 ounces	X	.70	2.016
A. Total Creditable Amount				2.016

II. Alternate Protein Product (APP)

Ling's 5 th Taste Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: 3.80 ounces

Total creditable amount of product (per portion): 2.0

I certify that the above information is true and correct and that a **3.80** ounce serving of the above products (ready for serving) contains **2.0** ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Loree Erpelding*

Title: Vice President

Printed Name: Loree Erpelding

Date: 01/03/14

Phone Number: 626-401-1923



Buffalo Hot Ling's

Product Code: 8-52724-15558-6

Crispy chicken, glazed with our spicy-hot Buffalo Ling's Sauce

Our products do not contain MSG, artificial coloring or flavoring, peanuts, peanut oil, or lard and are zero trans fat.

Pack size: 6 - 5 lb. Chicken • 6 - 30 oz. Sauce

Ingredients:

Chicken: Boneless, skinless chicken leg meat, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion.

Sauce: Water, cayenne pepper, white vinegar, natural butter flavor (maltodextrin, natural butter flavor, dried butter, salt, guar gum, baking soda, colored with turmeric and annatto), fresh garlic, modified starch, paprika.

Allergens: Egg products and wheat.

Made in the USA

Nutrition Facts

Serving Size 3.4 oz. (96g)
Serving Per Container 192

Amount Per Serving		
Calories	115	Calories from Fat 27
		% Daily Values*
Total Fat	3g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	544mg	23%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	11g	22%
Vitamin A	4%	Vitamin C 2%
Iron	8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken
Yield 2 oz. cooked chicken per portion

Recommended serving size:
3.4 oz. = 2.5 oz. chicken and .9 oz. sauce

Approximate servings per case: 192

This 3.4 oz. serving provides 2 meat/meat alternate according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Loree Espelding

Vice President

1/6/14

Preparation

Place a single layer of chicken on baking sheet. Heat at 400° for 16-20 minutes or until golden brown, and internal temperature reaches 165°. Heat sauce in steamer, low boil in the bag, or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Shelf life

1 year frozen

For further information please call, 909.593.4797



Product Formulation Statement
Meat/Meat Alternate

Product Name: *Ling's 5th Taste Buffalo Hot Ling's Chicken* **Code Number:** 8-52724-15558-6
(Wheat Flour less than 4 grams per serving)

Case Weight: 41.25 lbs. **Pack/Count:** 192 - 3.40 oz. serving per case

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
Chicken, boneless, fresh	2.88 ounces	X	.70	2.016
A. Total Creditable Amount				2.016

II. Alternate Protein Product (APP)

Ling's 5 th Taste Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: 3.40 ounces

Total creditable amount of product (per portion): 2.0

I certify that the above information is true and correct and that a **3.40** ounce serving of the above products (ready for serving) contains **2.0** ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Loree Erpelding*

Title: Vice President

Printed Name: Loree Erpelding

Date: 1-06-14

Phone Number: 626-401-1923

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